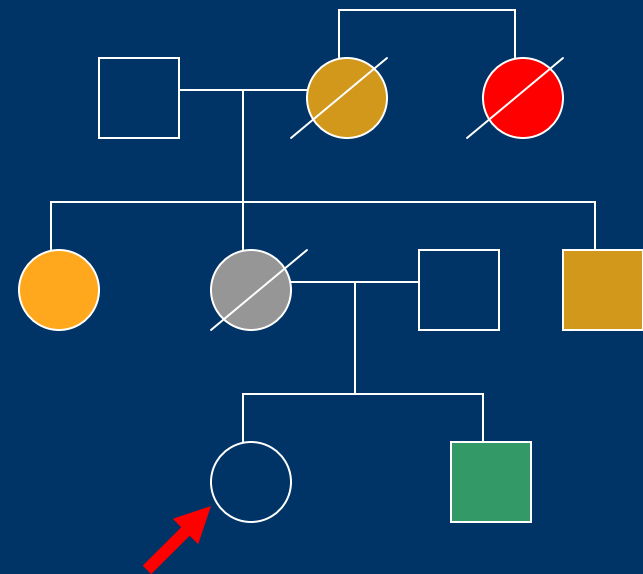
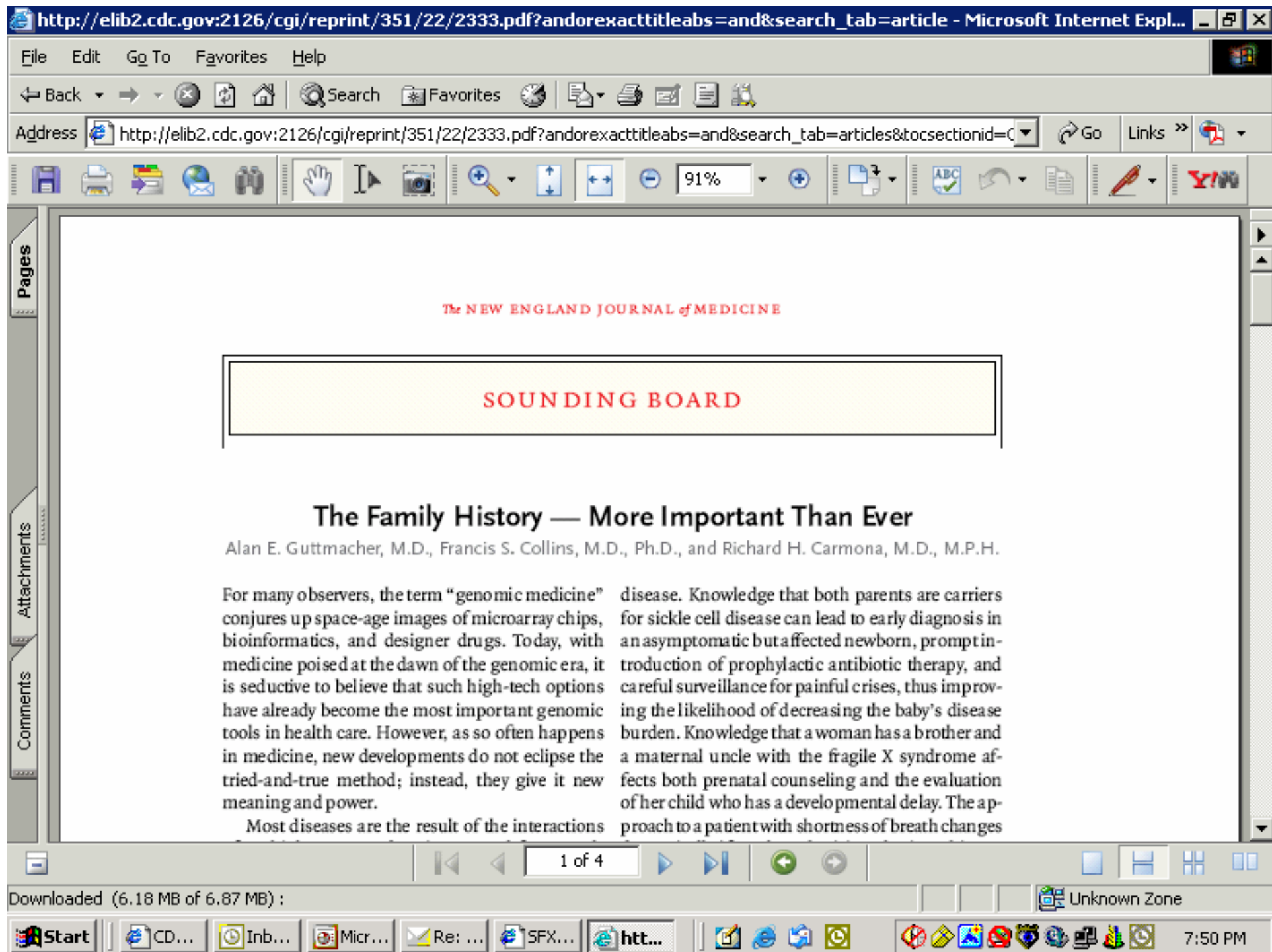


Family History: a Tool for Public Health and Disease Prevention

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CDC Office of Genomics
& Disease Prevention






HHS - U.S. Surgeon General's Family History Initiative - Microsoft Internet Explorer

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U.S. Surgeon General's Family History Initiative

Health care professionals have known for a long time that common diseases - heart disease, cancer, and diabetes - and even rare diseases - like hemophilia, cystic fibrosis, and sickle cell anemia - can run in families. If one generation of a family has high blood pressure, it is not unusual for the next generation to have similarly high blood pressure. Tracing the illnesses suffered by your parents, grandparents, and other blood relatives can help your doctor predict the disorders to which you may be at risk and take action to keep you and your family healthy.

To help focus attention on the importance of family health history, U.S. Surgeon General Richard H. Carmona, M.D., M.P.H., in cooperation with other agencies within the U.S. Department of Health and Human Services (HHS) has launched a national public health campaign, called the U.S. Surgeon General's Family History Initiative, to encourage all American families to learn more about their family health history.

In addition to the Office of the Surgeon General, other HHS agencies involved in this project include the National Human Genome Research Institute (NHGRI) at the National

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CDC Family History Public Health Initiative

Evaluate the use of family history for assessing risk of common diseases and influencing early detection and prevention strategies

Components

- Assessment of existing strategies & research gaps
- Development of new tools and methods
- Research and evaluation
- Public awareness and provider education



Family history is an important risk factor for almost all common diseases



	Relative Risk
Heart disease	2.0 – 5.4
Breast cancer	2.1 – 3.9
Colorectal cancer	1.7 – 4.9
Prostate cancer	3.2 – 11.0
Melanoma	2.7 – 4.3
Diabetes	2.4 – 4.0
Osteoporosis	2.0 – 2.4
Asthma	3.0 – 7.0

Am J Prev Med
February 2003

Family history is a risk factor for diseases throughout all stages of life

birth defects
blood disorders



infants

children

diabetes
depression



adolescents

adults

Alzheimer's disease
osteoporosis



older adults

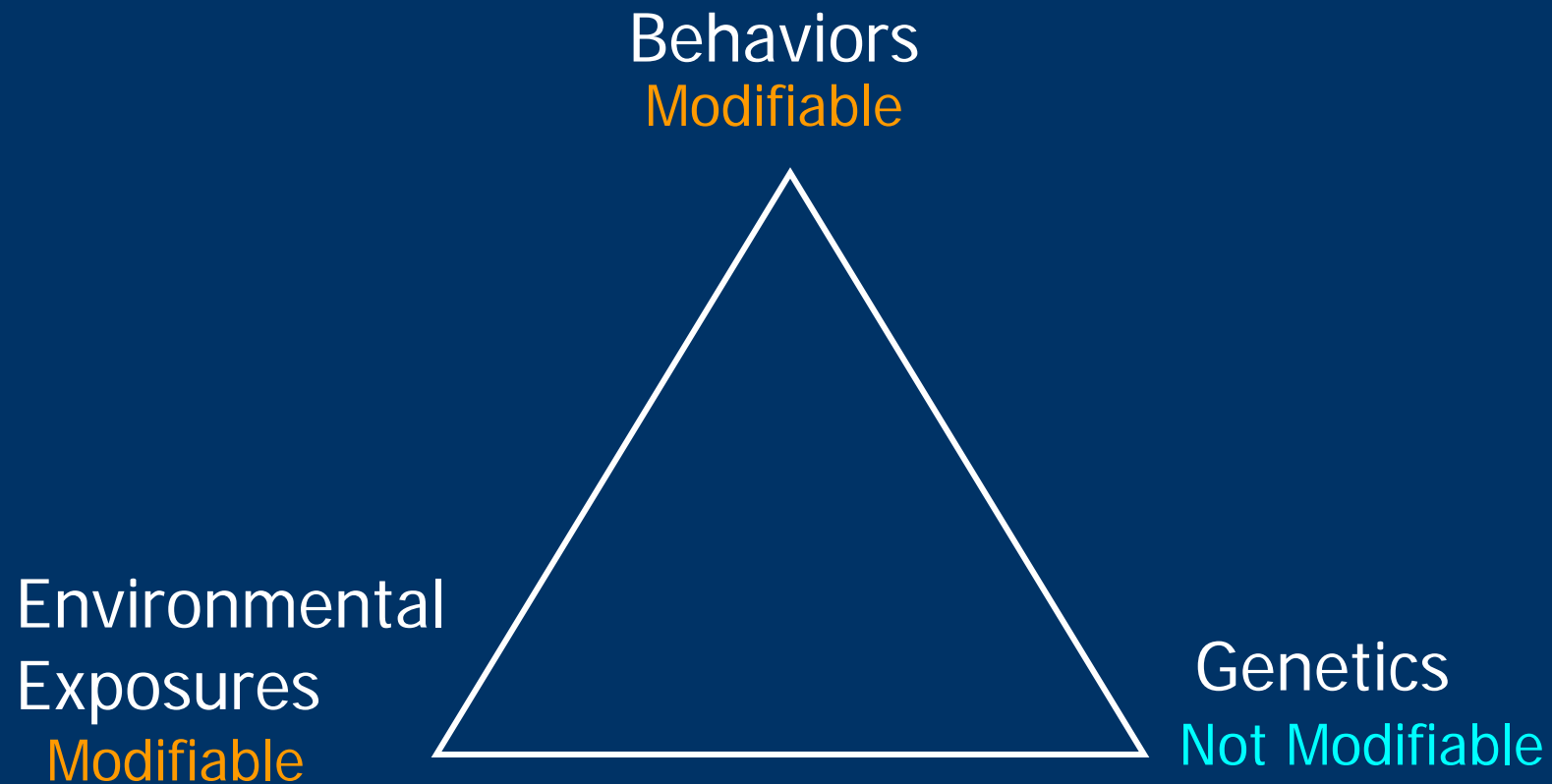


asthma
autism

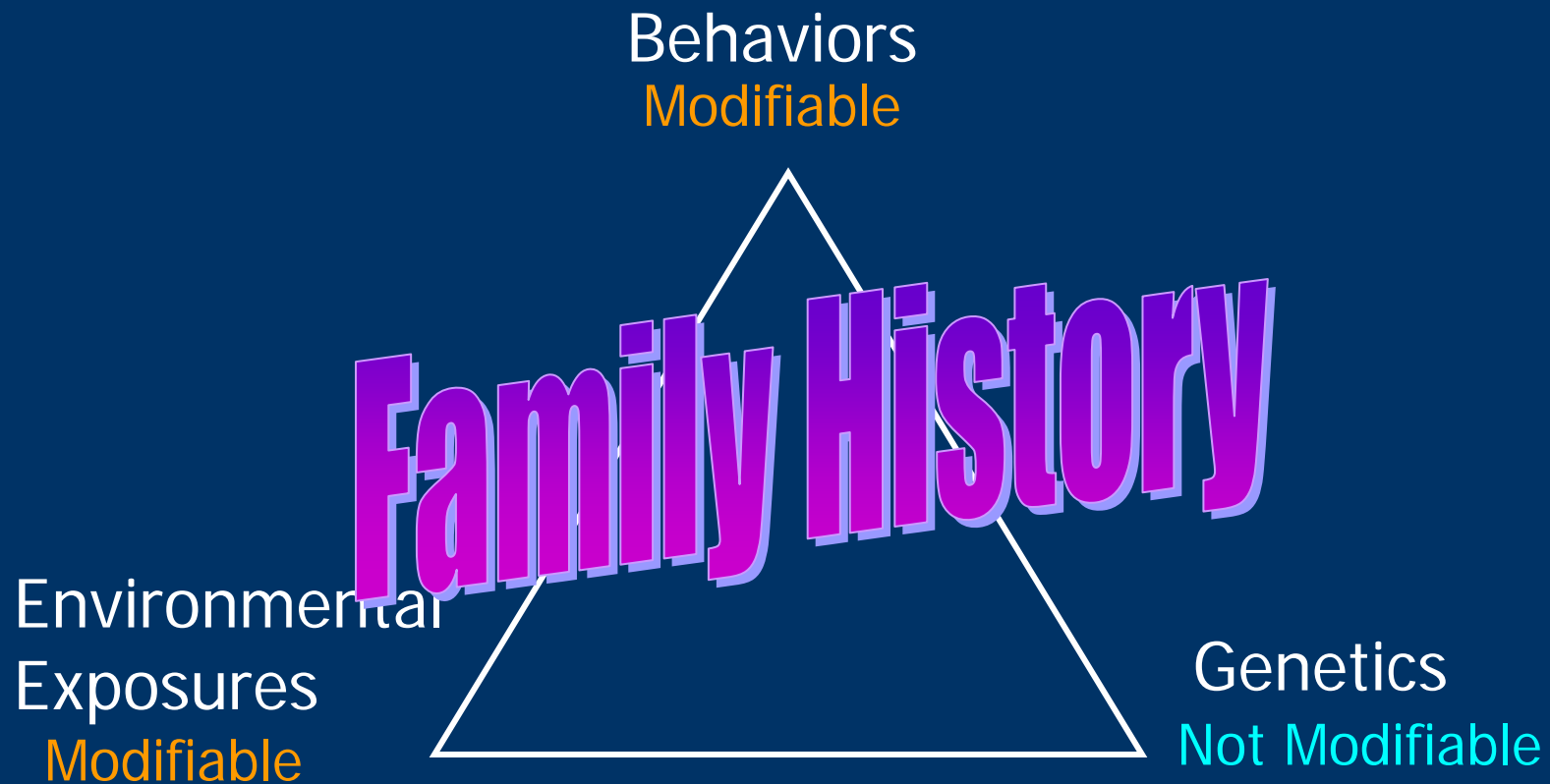


cancer
heart disease

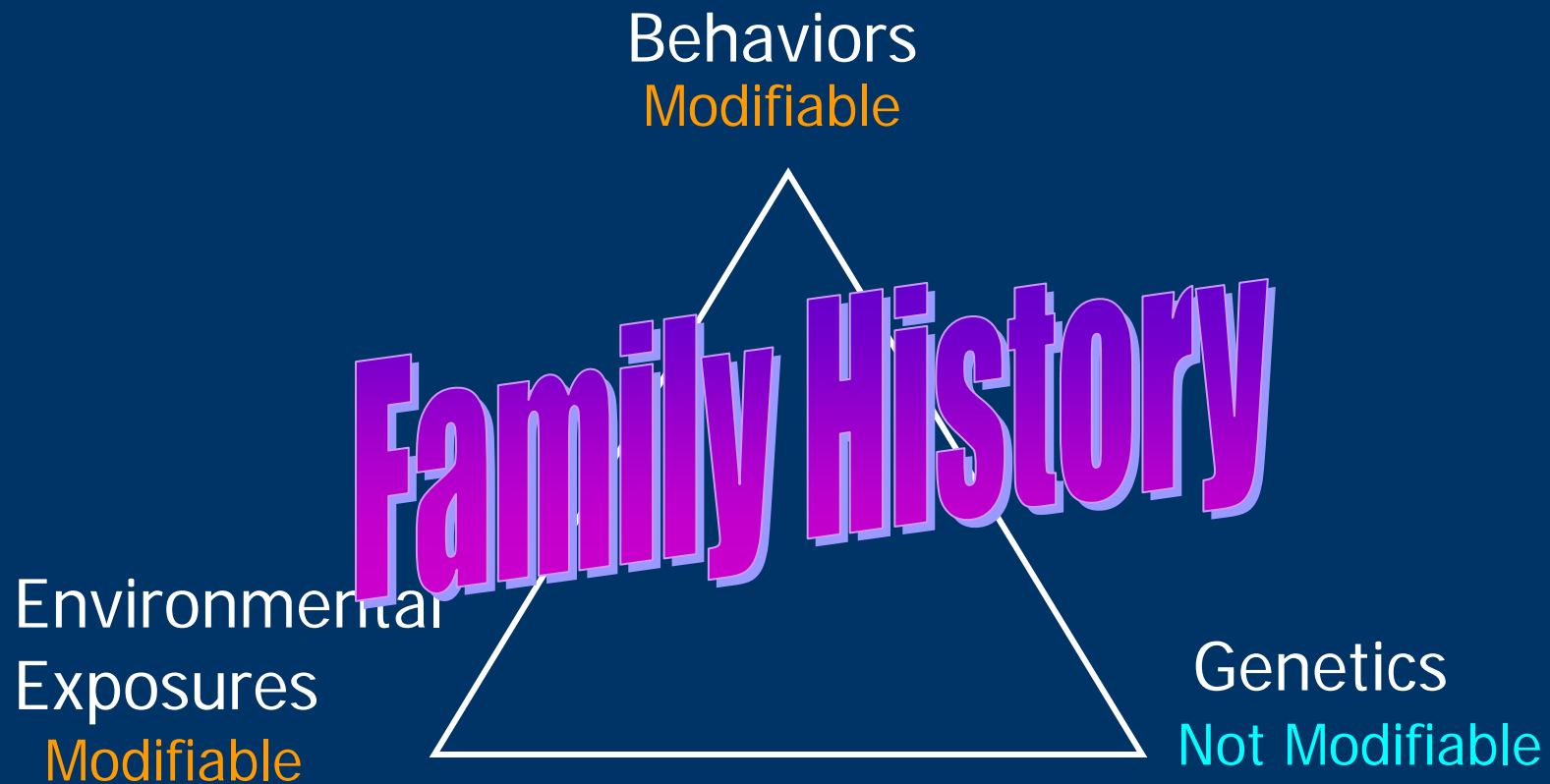
Risk factors for common diseases



Risk factors for common diseases

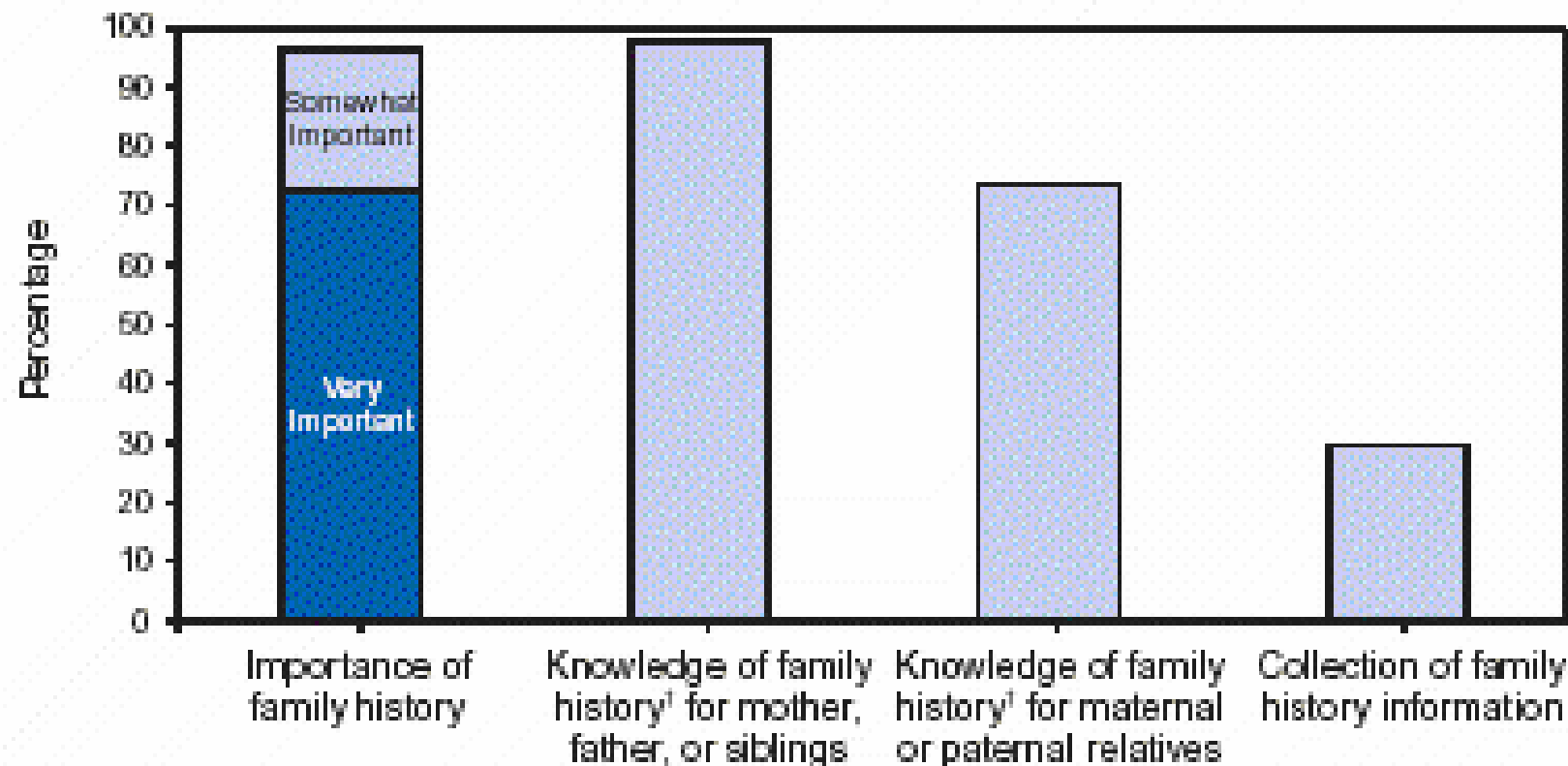


Risk factors for common diseases



**Family History is More than Just An Index
For Single Gene Disorders**

FIGURE. Percentage of respondents* reporting importance of family history to their personal health, knowledge of family history of type 2 diabetes, and collection of family history information — HealthStyles Survey, United States, 2004



* N = 4,345.

† Family history of type 2 diabetes.

Family History Collection by PCPs

- Family history collected at about 50% of new visits and 22% of established visits
- Average duration of visit, 10 minutes; average duration of family history discussion, 2.5 minutes

Acheson et al., 2000

- Only 29% of PCPs feel prepared to take family history and draw pedigrees

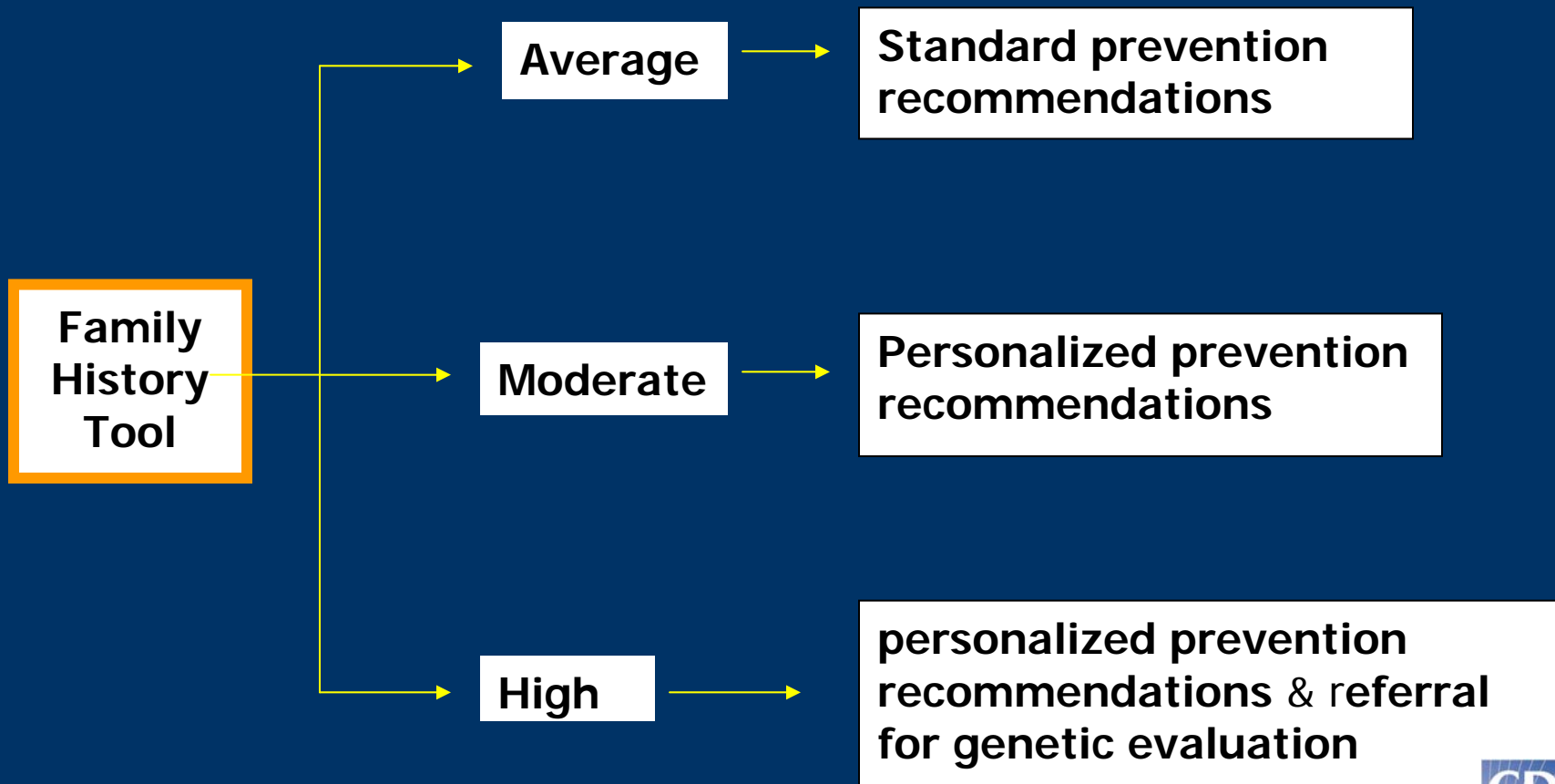
Suchard et al., 1999

Family history Risk Stratification Concept

Assessment

Risk stratification

Intervention



CDC Family History Public Health Initiative



How can we use family history?

- assess risk for common diseases
- influence early screening for disease
- educate people about prevention measures
- Ascertain persons and families with “genetic diseases” for early intervention

+ My Profile

+ My Family Profile

- My Report

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[Family Tree](#)

[Assessment Summary](#)

[Coronary Heart Disease](#)

[Stroke](#)

[Diabetes](#)

[Colon Cancer](#)

[Breast Cancer](#)

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[Screening Tests](#)

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[Disease Resources](#)

[Lifestyle Resources](#)

[Family History Resources](#)

My Report - Assessment Summary

Disease:	Family history's impact on risk:
Coronary Heart Disease	WEAK
Stroke	WEAK
Diabetes	STRONG
Colon Cancer	WEAK
Breast Cancer	MODERATE
Ovarian Cancer	WEAK

Learn more about family history as a risk factor for disease.

You should print your full report and discuss it with your health care professional. However, you can also view the entire report online by selecting Continue.

Print My Report

Previous Screen

Continue

Resource Guide:



Evaluating Family History Tools for Health Promotion and Disease Prevention

October 2005



Breast Cancer
Colorectal Cancer
Coronary Heart Disease
Diabetes
Ovarian Cancer
Stroke



Use of Family History Can Help Achieve Population Health Goals

- 14% of families account for almost half of the burden of heart attacks in Utah (Hunt 2003)
- Almost half the population has a family history of a close relative with one or more common chronic diseases (Scheuner, 1997)
- More than 70% of adults with diabetes have a family history of diabetes (Hariri et al, 2005)
- Targeting colorectal cancer screening to persons with close family history can double prevented cases in the population (Tyagi and Morris, 2003)



Public Health Utility of Family History

- “Family History effectively bridges clinical medicine with public health by focusing risk assessment at a level between the extremes of “one at a time” and “one size fits all”

– Hunt S, et al. Am J Prev Med 2003;24:136.

